

Sign-up for Healthy Aging Classes

Free classes arranged at community locations
for 12-15 participants

January 22-February 26 from 1-3:30 pm @
Wasatch Co. Senior Center.
Courses are 2 ½ hours, once a week for six weeks.

Learn to enhance your health and well being.

Subjects covered include:

- Dealing with frustration, fatigue, pain and isolation
- Appropriate use of medication
- Communicating effectively
- Nutrition and exercise
- Use of community resources
- Goal setting and problem solving
- Working with your doctor
- Relaxation/symptom management

Education improves the health of people with chronic disease.

Co-sponsor:

*Wasatch County Health Department
Megan Warner (435) 657-3247
Jonelle Fitzgerald (435) 657-3260*



Mountainland Association of Governments Aging Services

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